



Adolescent Sleep

What is the most frequent Googled personal question in the world? Answer - *Why am I always tired?*

In an ever changing world, influenced by technological advances and the compulsion for increased social connectedness the ability to sleep is becoming harder to master. This is especially the case for adolescents.

Why is sleep so vital in schooling?

In brief, a well-rested brain, which processes new classroom learning into short term memory, needs consolidated R.E.M. sleep on subsequent nights to file this learning into long term memory banks. Along with optimising learning, building resilient sleep protects teens from mental health problems, particularly at times of stress. This will help the deal with stressful and anxious situations effectively.

How sleepy are Australian teenagers?

The current statistics collected on our most chronically sleep deprived age group in Australia are interesting to say the least:

- 70% of teens are chronically sleep deprived on school days.
- This amount has doubled in the last 15 years.
- Australian adolescents are the 3rd worst globally.
- There is a close link to a nation's rate and speed of uptake of new digital technology and sleep problems.

To assist in gaining a deeper understanding into sleep patterns it is important to recognise that poor sleep for adolescents is a combination of multiple factors that collude to sabotage sleep. These conspiring factors include:

- Social Connectedness – The fear of missing out and need to check devices constantly.
- Over scheduling of extra-curricular activities – teens are too busy to have stable sleep patterns.
- Examinations
- Daylight Savings
- Ambition, pressure, stress and personal high expectations
- Part time jobs
- Regarding sleep as no longer precious and as a low priority in their life
- Nocturnal screen use

Adolescent Sleep Continued

“Screenagers” – The use of screens at night and its effect on sleep

To tackle sleep deprivation I would like to offer some research based tips on how to best monitor one of the most influential conspiring factors - nocturnal screen use.

1. Use the bed for sleep only (studying, playing games or connecting to social media while on the bed conditions the teen brain that the bed is not the venue for rest).
2. Ideally screens should stop being used up to one hour before lights out.
3. All electronic devices should be removed from the bedroom at night. Phones should be charged elsewhere in the house at a designated “landing strip”. Statistics have shown that on average a teenager receives 36 notifications per night. To experience this simply place your adolescents’ phone next to your bed for one night.
4. If the above cannot be achieved then place limits on screen use through screen limiting devices, apps or adjusting your Wi-Fi settings. Sometimes, the threat of a screen limiting device is enough to change nocturnal screen behaviour. The Circle Home app is an example of such a screen limiting device.
5. Understand that as a parent you can make a big difference, but you need to be proactive.

In summary, when you have an unhappy, grumpy, lazy, or moody teen who has limited engagement in learning you can almost bet that they are sleep deprived.

Useful sites and apps to investigate include [Family Zone](#), [Sleep Shack](#) and the Circle Home App.

Dean Peppinkhouse – Head of Middle School

Year 7 Information Evening

A warm thank you to all who attended the recent Year 7 Information Evening. With approximately 500 in attendance, it was pleasing to see so many parents/guardians keen to support our students with their transition into Secondary School. Congratulations and thank you to current Year 7 students Taruni Naidu and Blake Elcoat, and, 2019 School Captains Elexis Chapman and Ben Campey for their wonderfully entertaining insights into life at Bacchus Marsh Grammar.

Steven Bell - Year 7 Coordinator

2019 Orientation Day – Tuesday 20 November

Orientation for 2019 Prep Reception, Prep, Year 7 and all new Woodlea and Maddingley students

New families will have received recently in the mail information confirming orientation for all 2019 Prep Reception, Prep, Year 7 and all new Woodlea and Maddingley students.

2019 Prep Reception/Prep

- 9.00am to 2.30pm Maddingley students to Building E
- 9.00am to 2.30pm Woodlea students to Building R

2019 Year 7

- 8.45am – Assemble at the Gym (Building Q)

2019 New Woodlea students

- 9.30am – Assemble at Wilson Hall (Building A)

2019 New Maddingley students

- 9.30am – Assemble at the Junior Library (Building C)

It is important that parents drop off and settle children quickly so the teachers can commence their activities for the day.

Reminders:

Tuesday 20 November – Study Day – For Students in Years 7 to 11.

Students are not required at school and should use this time effectively for exam preparation and completion of assessment tasks.

Year 11 VCE/VET Hospitality Excursion to Marvel Stadium and Novotel Southwharf

On Wednesday 31 October, the Year 11 Hospitality class went on an excursion to the heart of Melbourne to explore the hardworking hospitality industry at Marvel Stadium and the Novotel Hotel in South Wharf. Whilst at Marvel Stadium we had a tour of their facilities including the coaches' boxes, players' rooms, corporate boxes and the ground itself.

We were also privileged enough to have an exclusive tour of the Medallion Club restaurants from manager Michael where he discussed the perks of each level of membership, the style of service and menus, how they cater for functions, as well as the qualities and skills of employees and the potential job prospects at Marvel.

From Marvel Stadium we walked to the newly opened four star Novotel Hotel in South Wharf where we experienced a personal guided tour throughout the hotel by the General Manager himself Glen. Glen spoke about the company's vision for its future, including sustainability goals, staff culture, the way they treat their guests and the need to make them feel good about their stay.

The class found it interesting to hear from HR Manager Olivia and Executive Chef Trent about the qualities they look for in potential employees in the industry; personable, friendly and being yourself as skills can be taught. We were also treated to a delicious family style Italian lunch, which Chef Trent explained to us the rationale behind the chosen cuisine for the hotel and how they make all of their menu items fresh on the premises. It was a valuable experience opening our eyes to the many opportunities available in the fast growing Hospitality scene in Melbourne.

Year 11 VCE/VET Hospitality class



Prep A Animal Land Children's Farm Excursion

Prep A enjoyed visiting *The Animal Land Children's Farm* recently as part of their Integrated Studies curriculum:

*On Thursday we went to the farm and I was excited to go to the farm. We milked the cow and we held the baby animals and the animals feet were scratchy. By Robinson

*We went to the farm. We milked the cow. We went on a tractor! It was so much fun! By Hadley

*We went to the farm, it was so much fun. I liked milking the cow and picking up the poo, that was the best job ever! We had a tractor ride! By Sahib

*I was at the farm! I was riding a horse. The horse was soft, it was a pony. It was so, so, so cute! The cow was called Pip. Pip was so, so cute. By Grace

*We went to the farm yesterday and we went on a tractor. And we went in a cage on the tractor. I thought it was jail. The poo was the worst. We went on a bus and we milked a cow. By Max



SRC News

The SRC is running the annual Food Train Christmas Drive, which is an opportunity for us to give back to the local community by donating non-perishable food items to those in need over Christmas.

All food items will be taken down to The Neighbours Place, a local food bank that provides both food and other services to people doing it tough in Bacchus Marsh area.

Whether it be a tin of food, some long-life milk, a packet of biscuits, or even something special for Christmas, all items are greatly appreciated. Please submit donations to the Main Administration Office.

Mrs Marija Barallon - Coordinator: SRC 7-12

Health Centre

Hay Fever and Asthma

Hay fever has been quite bad this season. If your child suffers from Hay Fever it is recommended that you give them Anti-histamine before school. We have also found that students that suffer from Hay Fever are suffering from Asthma. If your child has Asthma please make sure they have their Ventolin in their school bag. It is recommended they take this medication with a spacer.

Attached is the link to the Pollen Count, which will inform you of the pollen count for the day. This also inform you regarding Thunderstorm Asthma. <https://www.melbournepollen.com.au/>

If you are concerned about your child's Hay Fever or Asthma and the treatment you are giving them is not helping their symptoms, I recommend you speak to the Pharmacist or your family Doctor. There are a lot of treatments and if the one you are using is not working then I recommend you ask for another one.

Medical Conditions

Could parents please inform the Health Centre of any medical issues your child has. This includes accidents and incidents that happen outside of school. We often have students present with plastered arms, cuts, sprains or which occur over the weekend or holidays and it is difficult to treat them if we are unaware. You can contact the Health Centre by phone 5366 4873 or healthcentre@bmg.vic.edu.au.

Asthma Action Plans

If you received an Asthma Action Plan in the mail, this is a reminder to either fill it out and return it or please inform the Health Centre that your child no longer has Asthma and we can alter our records.

Mrs Jo Stanley - School Nurse

School Information

2019 Instrumental Music - Letters of offer

Please be advised that there has been a delay in finalising Instrumental Music allocations for 2019. Rest assured that these will be distributed as soon as possible.

Mr Steven Bell - Assistant Director of Music

Japan Trip 2019

The Japan trip is scheduled for September 2019 and is open to current Year 8 – 10 students. The parent portal is now accepting deposits.

Please see Mrs Erhardt for further information.

Exam Timetable – Year 8, 9, 10

The semester 2 exam timetable is available from the [School website](#). Exams commence from 15 November.

School Camps

For parents collecting students returning from camp, parents are welcome to collect their child from the grassed area behind the Gym or from their classroom (if in Junior School).

Due to safety reasons parents MUST park in the Main Car Park, NOT along South Maddingley Road.

A reminder to all bus travellers

It is very important that students DO NOT walk or run in front of the bus after disembarking. If students need to cross the road, they should wait for the bus to leave, then WALK across the road when it is safe to do so.

Mrs Leanne Robertson – Bus Coordinator

BMG Community Contacts

Out of School Hours Care (OSHC) – YMCA Ballarat

YMCA Ballarat now operate the Out of School Hours Care at Bacchus Marsh Grammar. The relevant handbook and enrolment forms are available via the [School website](#).

For more information regarding the OSHC programs offered by YMCA Ballarat please contact:

Mobile: 0438 154 842 or Email: bacchusmarsh.oshc@ymca.org.au

On Campus - Uniform Shop

Last day of trade for 2018

Friday 7 December 12.30pm – 4.30pm

Resume trade in 2019

Thursday 17 January (Book pick up day) 9.00am – 4.00pm

Friday 18 January (Book pick up day) 9.00am – 4.00pm

Wednesday 23 January 10.00am – 2.00pm

Friday 25 January 10.00am – 2.00pm

Wednesday 30 January 10.00am – 2.00pm

Thursday 31 January 8.00am – 12.00pm

Friday 1 February 8.30am – 4.30pm (lunch break 12 – 12.30)

Regular Contacts

Absentee Line - 5366 4888 or Absentee Email - student_absentees@bmg.vic.edu.au

Health Centre direct number - 5366 4873

Senior School After School Classes

Tuesdays – English (N Block) and Science (Room 01)

Thursdays – Mathematics (M Block)

BMG Events Calendar

Visit the [BMG Events Calendar](#) for the latest upcoming events.

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E school@bmg.vic.edu.au

www.bmg.vic.edu.au



Bacchus Marsh
Grammar

Celebrating 30 Years

Local Community Information

SES Bacchus Marsh – Rotary Bacchus Marsh Christmas Tree Sale 2018

This year buy your freshly-cut Christmas Tree from SES Bacchus Marsh-Rotary Bacchus Marsh.

When: Saturday 1st & Sunday 2nd December (8.00am to 4.00pm*unless sold out)

Saturday 8th & Sunday 9th December (8.00am to 4.00pm*unless sold out)

Saturday 15th December (8.00am to 4.00pm*unless sold out)

Where: SES HQ, Gisborne Rd, Bacchus Marsh

Cost: Freshly cut local trees from \$60.00

HOME DELIVERY: \$10* HOME PICK-UP:\$10**

* Same day home delivery-approximate times will be given at purchase.

** Pick-up on Saturday 5th Jan. 2019-place tree curb-side prior to 7am.

Stands: Small: \$30.00 (suit 4' to 6' trees) Large: \$40.00 (suit 6' to 10'+ trees)



Pre-orders: Bacchus Marsh Rotary 0452 587 973

www.bacchusmarshrotary.org.au

Rotary





WALK WITH HER

The whole community is invited to Walk With Her at Maddingley Park in Bacchus Marsh from 11am on November 25 for the International Day for the Elimination of Violence Against Women

Sign in: from 10am
Walk: from 11am
FREE BBQ: 11:30am - 1:30pm
FREE Arts Activities: 11:30am - 2:30pm
Girls' Cricket Match: 12pm

Contact Bern at Djerriwarrh Health Services on 8746 1508, email healthpromotion@djhs.org.au or go to our Facebook page to share this event!

#WOMENMAKINGITHAPPEN

This event has been made possible thanks to a Moorabool Shire Council Community Grant

 **HEALTHPROMOTIONATDJHS**